



nov 10, 2015

## hartford street zc news

### Mind and World Zen Master Foyan

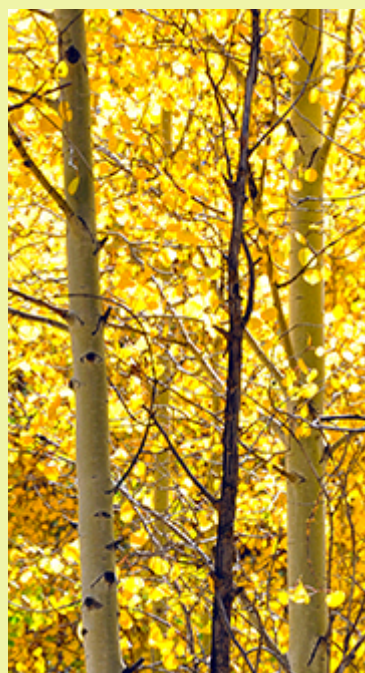
Once there was a monk who specialized in the Buddhist Precepts, and had kept to them all his life.


Once when he was walking at night he stepped on something. It made a squishing sound, and he imagined he had stepped on an egg bearing frog.

This caused him no end of alarm and regret, in the view of the Buddhist precept against taking life, and when he finally went to sleep that night he dreamed that hundreds of frogs came to him demanding their life.

The monk was terribly upset, but when the the morning came he looked and found that what he stepped on was on an overripe eggplant.

At that moment his feeling of uncertainty suddenly stopped,





**HARTFORD STREET ZEN CENTER**  
www.hszc.org 415.863.3507

**public schedule**

**mondays**

- \* 7:00 am zazen
- \* 7:40 am morning chanting service
- 6:00 pm zazen
- 6:40 pm evening chanting service

*\* last monday of each month, no morning schedule*

**tuesdays - fridays**

and the the first time he realized the meaning of the saying that there is no objective world. Then he finally knew how to practice Zen.

[Classics of Zen. The collections of Thomas Cleary - volume one -](#)

### The Hartford Street Zen Center has availability for one practice resident as of October 2015.

We are looking for individuals interested in and committed to experiencing residential practice at a small, urban temple.

Applicants should have prior experience with Soto Zen practice, and prior full-time residential Buddhist community practice. Required attendance to zazen, study group, ceremonies and teachings/lessons is required and should be of strong interest. While participation and assistance in the daily events of the sangha are expected of any potential practice resident, it is our expectation that most residents are employed outside of the center (you must be able to pay your monthly tuition without exception, on time), we are accommodating toward one's professional schedule on required attendance arrangements. **Please drop by to inquire in person and ask for the Abbot, Rev. Myo Lahey!**



## upcoming events



### [dharma talks](#) @10:15am saturdays

#### *hszc speakers*

[Myō Lahey](#) - Nov 21,28

[Daiko Tanzen, David Bullock](#) - TBD

#### *guest speakers*

[Fugan, Eugene Bush](#) - nov 14; [Ryuei, Michael McCormick](#) - dec 12; [Rev Rin McCarthy](#) - dec 19

### **full moon ceremony - the "frosty" or "beaver" moon - november 21 @ 11am**

- this was the time to set beaver traps before the swamps froze, to ensure a supply of warm

6:00 am zazen  
6:40 am kinhin (walking meditation)  
6:50 am zazen  
7:20 am chanting service  
7:40 am soji (brief temple cleaning)

6:00 pm zazen  
6:40 pm chanting service

### **thursdays study hour 7:30pm**

#### **saturdays**

6:30 am zazen  
7:10 am chanting service  
7:25 am soji  
8:30 am drop-in instruction  
9:25 am zazen  
10:15 am dharma talk  
11:00 am refreshments/social \*

*\* if a ceremony applies it will occur before social time*

winter furs. Another interpretation suggests that the name Full Beaver Moon comes from the fact that the beavers are now actively preparing for winter. It is sometimes also referred to as the Frosty Moon.

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**study hour - thursdays @7:30pm:** selected Studies of Zen Master Dōgen.

[see our website](#) for details. So far all have been from the Dōgen

Shobōgenzo version compiled and translated by **Kazuaki Tanahashi**.

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**closure & schedule changes -**

**last monday of each month** - no morning program, only evening [schedule](#) and;

**november 11** - closed all day

**november 26, 27** - closed all day

**december 7,24,25** - closed all day

**december 31** - until new years event in the evening

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**founder monthly memorials** - [Issan's](#) is the 6th of each month and [Philip's](#) is the 26th (or closest dates to these if cant be on that day) evenings at 6:40pm or saturday mornings

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**winter light retreat (during Rohatsu leading up to Bodhi day aka Jodo-e)** - is the 2nd of december to december 6th. start your planning, and get the time off of work now!

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**practice discussions at hszc are available with Rev. Daiko Tanzen**, David Bullock. and **Dokusan with Rev. Myo Lahey** please call us, approach them directly, or email: [hszc108@yahoo.com](mailto:hszc108@yahoo.com) to request to schedule time.

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*transmission of the tupperware, december 2013 Rev Myo Lahey & Tendo, Chris Fletcher*

### words from our Abbot: Rev. Myō Lahey

...It's been said that to sit in zazen is an act of tremendous generosity. You are yielding your entire body-mind to the whole universe of beings. I was going to say, you can do that right now. What if we were to do that right now. Remember, don't try and look for anything. You are the whole body-mind already given.

As Dōgen says, here there is no precept that is not kept. (Shouts) Generosity, upright body-mind, patience, spirit, quiet heart, wisdom going beyond itself—all of this is given over and over again, but not by you. When you are ready to say, I will live this way; this life will be lived by somebody; sometimes we have a ceremony. We say, ok, now you should wear one of these (rakusu), so people will say, there is someone who has vowed to be lived in this way. Kind of scary. Very generous. Takes patience. Takes quiet heart, and so forth.

[Dharma Talk at Valley Streams Zen Center October 19, 2015](#)



Please help support our Temple, Dharma Study, Resident Student Program, Our Practice Schedule, and the Space & Programs offered to the Public.

**Donations are tax deductible**  
we are a 501-C 3 non-profit



**HIV meditation group;** weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!

**thursdays & fridays**  
**10:30am zazen**  
**11:00am garden socializing**

**meditation in recovery;** weekly meditation group for men & women in recovery from addiction  
**fridays, 7:30pm - 9pm**

**(women only) meditation in recovery;** monthly meditation group for women in recovery from addiction  
**first thurs, 7:15pm -8:45pm**

**(men only) meditation in recovery;** a monthly meeting for men in recovery from addiction  
**3rd thurs of every month, 7:30pm-8:30pm**

**board of director meetings;** you're invited to attend & observe!  
**second weds of each month, 7:30pm**

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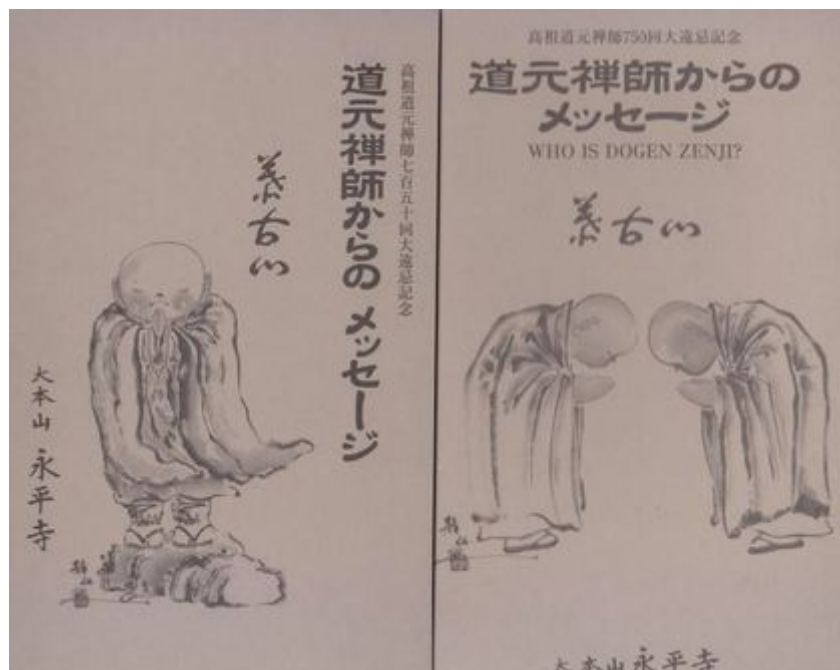
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*please contact us for rental space & events, ceremonies performed by a zen priest  
- weddings, memorials, coming of age & baby naming events -*



*find other sf bay area lgbtqqi community events [here](#) - or - [here](#)*

**Abbot, hartford street zen center --  
- Reverend Myō Lahey ---**



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**info@hszc.org  
415.863.2507**

*please submit stories, reflections,  
personal news, artwork &  
photography  
for future newsletters to  
KeiDo at*

**national, worldwide & other, holidays [here](#)** (\*warning\* some are pretty silly)



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*Branching Streams*

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